

Anger Education Class

Do you feel irritable? Have you noticed having less patience with people or yelling more? Are you being told to "calm down" or that you always "seem so angry?" If so, C-SEAP's 4-week Anger Education Class may help. We will focus on anger issues that effect our work and personal lives and how to better manage them. The Anger Education Class will be offered on a Statewide basis in the following locations: Denver, Grand Junction, Pueblo and Sterling.

Conflict Resolution Skills

In this workshop participants will: 1.Explore why individuals hold onto a position. 2. Become familiar with conflict resolution styles and identify their predominant one. 3. Consider how emotions might interfere with the process. Plus 4. Learn de-escalation techniques and questions to ask. This training can be presented in a one to four hour formats as appropriate for the group.

Dealing With Difficult People

Life can be difficult, especially if there are personality or style conflicts. This workshop will focus on exploring varied styles and their impact on leadership, communications, beliefs and needs. Find out if you are a ruler, entertainer, relater or analyzer and how to work with others in a more collaborative manner while still getting your needs met. Learn tactics for handling and managing difficult behaviors in general. This can be presented in a one to two hour formats and customized to fit the organization.

Grief Management Facilitation

Losses we experience in life can throw us for a loop, regardless of whether it is a positive or negative situation such as a death, change in job situation or winning the lottery, our lives may change drastically. The facilitation is customized to fit the situation and designed to help participants explore the emotional roller coaster they are on, plus offer them coping skills. This is a tool for varied situations that may occur in the workplace to help normalize life and restore productivity.

Staying Safe: Identifying And Preventing Violence In The Workplace

One in six of all violent crimes occurs in the workplace and surveys show that one in four workers report being threatened, attacked, or harassed on the job. As a matter of fact, the Center for Disease Control (CDC) has declared violence an epidemic in this country. Public sector employees are 30% of the victims, but only 18% of the American workforce.

This interactive workshop explores:

- ** Four potential sources of violence
- ** Primary motivators behind violent actions
- ** Signs and symptoms, "red flags," to look for
- ** Intervention and conflict resolution guidelines, strategies, and more!

Employers are expected to provide safe workplaces. Attending this is a must for all managers and supervisors who want to be proactive in following OSHA guidelines and following the Executive order on Violence Prevention.

Scheduling is flexible and can be offered at your location in a one-hour to one-day formats.

Stress Management Workshop Series

The objective of this three-meeting workshop is to explore personal stressors and stress reactions, potential options, support networks, plus practice coping strategies to use at home and in the workplace. This is a very interactive, fun, and educational class for anyone who feels that life is demanding more and more, with less and less time to do it all. Come prepared to play and learn. This is a series of three 1 1/2 hour sessions starting early in 2001 with a limit of 12 participants per session.

Taming The Beast: Substance Abuse Awareness And Management

This training is designed to acquaint participants and meet the requirements of the federal Drug-Free Workplace specifics, the federal Department of Transportation (DOT) mandates and the State of Colorado Policy on Employee Substance Abuse.

Taming the Beast is an interactive workshop on learning to recognize the early signs and symptoms of potential users of alcohol and other drugs. It also presents tools for

supervisors to use in documentation, intervention, referral and follow-up, using the Troubled Employee Wheel, among others.

This workshop meets the DOT training requirements and can be presented a full-day or half-day formats tailored to fit the specific needs of your organization.

For information on these no fee, EAP sponsored training classes contact EAP at 303-866-4314 or 1-800-821-8154.